



# PALMYRA ELEMENTARY SCHOOL LUNCH MENU

## March 2011

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SECOND CHOICE

#### BREAKFAST MENU

#### Monday

Assorted Cereal w/  
Toast

#### Tuesday

Sausage, Egg, Cheese  
on an English Muffin

#### Wednesday

Waffles with Syrup

#### Thursday

Honey Wheat Bagel  
w/ Jelly

#### Friday

Scrambled Eggs w/  
Toast

#### Daily Breakfast

#### Choices:

~ Assorted Whole  
Grain Cereals with  
Toast

~ Variety of Fresh  
Bagels

~ Hot Entrée

All breakfasts served  
with  
Fruit and  
Low Fat Milk

#### Menu



[www.gotoinnutrition.com](http://www.gotoinnutrition.com)



7. Cycle Day 4

**Meatball Hoagie**  
Potato Wedges  
Apple  
1/2 Pint Milk

14. Cycle Day 3

**Breaded Pork Patty**  
Seasoned Corn  
Garlic Bread  
Pineapple Tidbits  
1/2 Pint Milk

21. **No School**

28. Cycle Day 6

**Cheesesteak Hoagie**  
Potato Wedges  
Chilled Pears  
1/2 Pint Milk

1. Cycle Day 6

**Grilled BBQ Chicken  
Patty on bun**  
Green Beans  
Mixed Fruit  
1/2 Pint Milk

8. Cycle Day 5

**Chicken Ranch Wrap**  
Broccoli & Cauliflower  
Fruit Cocktail  
1/2 Pint Milk

15. Cycle Day 4

**Corndog Nuggets**  
Seasoned Green Beans  
Orange Smiles  
1/2 Pint Milk

22. Cycle Day 2

**Hot Ham & Cheese**  
Marinated Vegetable  
Salad  
Diced Pears  
1/2 Pint Milk

29. Cycle Day 1

**Chicken Stir Fry w/  
White Rice**  
Oriental Vegetables  
Banana  
1/2 Pint Milk

2. Cycle Day 1

**Dr. Seuss' Birthday**  
**French Toast Sticks  
& Ham**  
Potato Rounds  
Dinner Roll  
Orange Smiles  
1/2 Pint Milk

9. Cycle Day 6

**Chicken Rings**  
Steamed Broccoli  
Banana  
1/2 Pint Milk

16. Cycle Day 5

**Chicken Pot Pie**  
Broccoli Florets  
Dinner Roll  
Diced Peaches  
1/2 Pint Milk

23. Cycle Day 3

**Beef Chili**  
Side Salad  
Cinnamon Applesauce  
1/2 Pint Milk

30. Cycle Day 2

**Spaghetti w/  
Meat sauce**  
Side Salad  
Garlic Bread  
Pineapple Tidbits  
1/2 Pint Milk

3. Cycle Day 2

**Beef BBQ on Bun**  
Vegetable Medley  
Chilled Peaches  
1/2 Pint Milk

10. Cycle Day 1

**Steak Quesadilla w/  
Salsa & Sour Cream**  
Hispanic Rice  
Peach Cobbler  
1/2 Pint Milk

17. Cycle Day 6

**Pork BBQ Sandwich**  
Tender Peas  
Granny Smith Apple  
1/2 Pint Milk  
**GO FOR GREEN DAY!**

24. Cycle Day 4

**BBQ Rib Patty on  
Bun**  
Baked Beans  
Fruit Crisp  
1/2 Pint Milk

31. Cycle Day 3

**Salisbury Steak w/  
Gravy**  
Mashed Potatoes  
Dinner Roll  
Applesauce  
1/2 Pint Milk

4. Cycle Day 3

**Fish Patty w/ Cheese**  
Buttered Corn  
Fruit Mix  
1/2 Pint Milk

11. Cycle Day 2

**Baked Macaroni &  
Cheese**  
Stewed Tomatoes  
Slice of Wheat Bread  
Chilled Pears  
1/2 Pint Milk

18. Cycle Day 1

**Grilled Cheese  
Sandwich**  
Tomato Soup  
Glazed Carrots  
Apple Crisp  
1/2 Pint Milk

25. Cycle Day 5

**Beef Tacos w/ Lettuce,  
Tomato, Salsa, & Sour  
Cream**  
Fiesta Corn  
Sliced Peaches  
1/2 Pint Milk

#### **MONDAY**

Golden Chicken  
Nuggets w/ Roll

#### **TUESDAY**

Cheeseburger on a  
Bun



#### **WEDNESDAY**

Corn Dog on a Stick

#### **THURSDAY**

Breaded Chicken Patty  
Sandwich

#### **FRIDAY**

Our Own Pizza

Food Service Director  
**Alaina Avery**  
717-838-1331

**Available Daily at Lunch:** A wide variety of fresh  
fruits and vegetables.  
**Milk Choices:** Skim, 1% Flavored, 2% White